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heather_eckman_stark Hey period, we need to talk.

I know we've had our ups and downs over the years, but I think it's time we had a serious chat.

Look, I don't want to get all emotional on you, but I've had it with the hormonal fluctuations, the brain fog, and the back ache... not to mention the uneven flows or cramps. I'm pretty much over your crap.

So you see this cheesy grin?

It means I'm coming for ya. You had a good run. You really did. But it's time for all my hormones to start



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It means I'm coming for ya. You had a good run. You really did. But it's time for all my hormones to start working FOR me. And in 16 days, someone else is gonna start calling the shots.

So your days of cramping my productivity and the epic night sweats.... those days are coming to an end, my friend.

Just thought you should hear it from me first. #project23
#noiamnothavingsurgery
#nutritionforwomen #womenshealth
#auntflowisgettingjustice 😂

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